



## **Meridian Tapping Techniques**



# **The Meridian Tapping Techniques Manual**

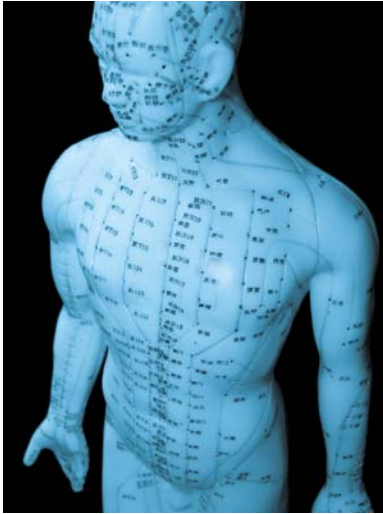
**[www.MeridianTappingTechniques.com](http://www.MeridianTappingTechniques.com)**  
**[www.AdvancedMTT.com](http://www.AdvancedMTT.com)**

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# Meridian Tapping Techniques (MTT)



Meridian Tapping Techniques (MTT) covers all techniques that utilize acupressure points to help decrease or resolve negative emotions and emotionally-based physical issues. Practitioners worldwide use these effective, dynamic techniques and teach them to their clients to increase their self-help skills.

Meridian Tapping is based on the concepts behind acupuncture. Acupuncture has been around for thousands of years and has been an accepted medical method in the Western world since the 1970s. Acupuncture affects the energy that moves throughout our bodies in pathways called meridians.

Research by Robert Becker in the 70s reveals electrical resistance at many acupoints, showing that meridians are electrical in nature. This and other research offers support for an energy system in our bodies. This energy system has electromagnetic qualities, including light, sound, and subtle electrical current. Indeed, some accepted medical tests such as EKGs and EEGs measure the electrical output of our bodies.



Meridian Tapping Techniques address this energy system by tapping or touching various meridian points. Acupressure points are located where the meridian pathways are nearer to the skin's surface. Hundreds of acupressure points are utilized by acupuncturists to treat various pain and physical conditions. The awareness in the 1970s that these points could also affect emotional and psychological factors heralded the birth of Meridian Tapping Techniques.

It is important for the energy to flow smoothly in our bodies. Any cause that blocks this flow will negatively affect the energy in our bodies like water in a kinked garden hose. You can imagine that these kinks, or blocks, have a large impact on our bodies and lives. The job of Meridian Tapping practitioners is to use methods that rebalance your body's energy, remove any stuck energy flow, and help clients maintain a smooth energy flow.

These techniques constitute a relatively new relaxation and calming method that:



- increases mind-body awareness
- reduces anxiety, and
- enables faster positive cognitive shifts

Or, in simpler terms: These techniques are a terrific way to feel better, more relaxed, and able to think more objectively and positively about the issues you face.

If you are a health-care professional just coming upon these techniques for the first time, you are in for a surprise. Meridian Tapping Techniques (MTT for short) can quickly calm an anxious or fearful client. Even more, these techniques are generally effective for reducing, and many times eliminating, phobias and symptoms of trauma. These techniques can be amazingly successful. Many practitioners give anecdotal reports of over 80% success rates.



Maintaining the smooth energy flow in our bodies helps us to:

- Achieve our goals
- Alleviate stress
- Reduce fears and phobias
- Calm cravings
- Increase energy
- Decrease anxiety and panic attacks
- Manage anger
- Decrease or relieve pain
- Modify bad habits
- Instill positive beliefs and behaviors



You may be aware of therapies such as Reiki, Homeopathy, Tai Chi, etc., that work via the body's energy system. The difference with Meridian Tapping is that it is very directed, targeted, and user-interactive and thus tends to get very fast results.

There are now thousands of physicians, chiropractors, naturopaths, homeopaths, nurses, and other health-care providers who have added Meridian Tapping skills to their toolboxes.

Whether you are looking for the ultimate self-help tool for yourself or the best and most efficient ways to help your clients, you've come to the right place.

In addition to thousands of reports by satisfied users, there is now research available to verify the effectiveness of these techniques.

Most new ideas take a while to be accepted in the mainstream. This is as it should be. If the entirety of society accepted every new change



immediately, we would wake up to a new world everyday. All new innovations have their naysayers:

- There is no reason for individuals to have computers in their homes. Ken Olsen, President, Digital Equipment, 1977.
- When self-adhesive stamps first came out we couldn't give 'em away! Postal Clerk, 1999.
- Airplanes are interesting toys...no military value. Marshall Foch, 1911.
- X-rays are a hoax. Lord Kelvin, British physicist, 1900.
- The telephone is amazing but who would want to use one? Rutherford Hayes, President, 1876.

Tapping techniques are so effective that the movement is spreading by leaps and bounds. These techniques may be reaching "the tipping point" where tapping will be considered an acceptable solution. But keeping the above "expert" comments in mind, remember that there are people in industrialized countries that STILL don't have a computer, would rather lick stamps, have never ridden in an airplane, have never had an x-ray, and refuse to get a phone! No matter how great any new idea is there are always some who will not see the value.

## USING FOCUSED TOUCH TO CALM



Most people coming to these methods are initially very skeptical. And rightly so. Thinking that tapping or touching certain meridian points can actually be effective at accomplishing ANYTHING – much less resolving phobias and reducing the impact of traumatic experiences – can seem outlandish. Try to keep your skepticism at bay until you try these techniques for yourself.

One of the best things about tapping is that you don't have to believe it will work for it to be effective; you have to *just do it*.

Is it possible to use touch or tapping to calm us? Think about it. Touches are a common part of our day-to-day life. Often during the day, particularly when we are stressed or have an emotional response to something, we tend to do things such as put our hand on our chest, rub our temples, drum our fingers on our chest or face or desk, scratch our head, rub our chin or under our nose. We put our hands or fingertips at points around our eyes. We put our head in our hands. We may bite lightly on our fingers (some of us even bite our nails). All these touches basically serve the unconscious purpose of helping to calm us.



The purpose of Meridian Tapping Techniques is to recognize and appreciate all the varieties of methods that use the process of tapping or otherwise utilize meridian points. Since Meridian

Tapping Techniques is a generic term, it cannot be registered or trademarked and is therefore open to all.

**WHAT IF we could bring up what bothers us – on purpose?  
WHAT IF we could use these natural touches – on purpose – in a  
conscious way to calm us?**

**With MTT you can. Read on for how.**



Many of the techniques covered under the Meridian Tapping Techniques umbrella have a great deal in common. They all utilize various points on the body through tapping, touching, etc., in order to resolve or decrease emotional and physical distress. The goal is to balance the energy system so the energy can flow freely and can be available for healing. How each practitioner goes about this can vary widely.

This manual will show you several short versions of MTT that are used by individuals as a self-help tool and by practitioners wanting to utilize the most effective tools for their clients. All have a very high success rate.

Pick one of the MTT options and give it a try. Chances are it will work for you. If it doesn't, this manual also gives you more options to increase the effectiveness of these methods for you. Options and alternatives and new ideas will be shared.

Innovations are growing in MTT and many are listed on the web site:

[www.MeridianTappingTechniques.com](http://www.MeridianTappingTechniques.com)

## HISTORY

Where did all this come from? From three innovative men: a chiropractor, a psychiatrist and a psychologist. In the 1970s, George Goodheart, a chiropractor, combined the fields of acupuncture, chiropractic, physical therapy, and muscle testing. The concept of muscle testing was noted as early as 1949 (Kendall and Kendall). Goodheart found that by touching a spot on the body that needed adjusting, the body could make another muscle (such as the deltoid muscle in the arm) go weak – applied kinesiology (AK). Goodheart found, too, that he could substitute simple manual pressure for needles. He found that he could obtain the same beneficial results by simply applying manual pressure to the acupuncture points, or by



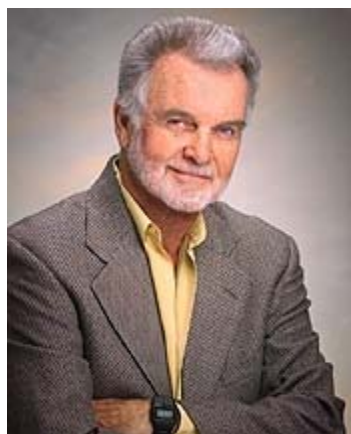
"percussing" or "tapping" on them, an advance which made this acupuncture-derived method accessible to many more people, since it was non-invasive. Goodheart taught his concepts to chiropractors and other interested professionals.

John Diamond, M.D., an Australian psychiatrist who has described himself as the first mental health professional to study applied kinesiology with Goodheart, wrote Behavioral Kinesiology in 1979. Diamond had the light bulb idea that if the body would respond to a physical need with muscle testing it could respond to an emotional or psychological need as well. In his book he described a connection between specific emotions and the meridians.



In the early 80s, Roger Callahan, a psychologist and former and brief associate of Diamond, studied Diamond's applications of kinesiology to emotional problems and studied applied kinesiology (AK) with chiropractors David Walther and Robert Blaich.

Callahan began using acupuncture meridians with AK to treat phobias. He added modifications which led to treatments for other psychological problems. He called his process the Callahan Techniques which he later renamed Thought Field Therapy (TFT).



Callahan initiated many of the Meridian Tapping Techniques used today. He believed that an energetic influence of "perturbations" (i.e., disturbances in the energy system) is experienced when someone is thinking about or experiencing a problem existing in a "thought field." He surmised that these perturbations were responsible for emotional disturbances. Basically his method involves assessment of what Callahan called "psychological reversal" and using muscle testing to "diagnose" the specific order of meridian points to be tapped.

Callahan developed processes he called the "9 Gamut," the Eye Roll, and the Collarbone Breathing Technique (see later in this manual) to increase the effectiveness of tapping points. After assessing the needs of hundreds of patients, Callahan noticed patterns of meridian points which could be more effectively used. He established a simpler and more popularized version without muscle testing: the recipe-style algorithms which were shortcut versions of the full TFT diagnostic process.



Many students found these shorter algorithms to be as effective as the time-consuming muscle testing diagnostic method, and some students went on to develop their own adaptations and techniques. All the innovations were based on the premise that tapping on meridian points would balance the energy system and thereby resolve emotional issues. Students expanded with creativity and innovation on the concept that shortcut versions were generally as effective as the longer, more involved steps. Each developed their own process and single algorithm in isolation from the others. These innovators have now taught thousands of others their



MTT versions and their students are going on to develop further innovations.



Two key innovators were **Dr. Patricia Carrington** and **Gary Craig**. In 1987, Dr. Carrington developed *Acutap*, a single algorithm that stimulated the endpoints of the 14 major meridians by tapping 35 times on each acupoint. Her algorithm did not have any of the diagnostic components of TFT. Dr. Carrington went on to develop other innovations such as the Choices Method. She



has DVDs and a newsletter that keeps subscribers informed of her most up-to-date changes and innovations: *MeridianTappingTimes.com*.

In 1995, independently of Dr. Carrington's method, Gary Craig released his own single algorithm tapping method, Emotional Freedom Techniques, which also involved tapping all the meridians in sequence. In addition to TFT, Gary Craig also studied Neurolinguistic Programming and added concepts from NLP such as reframes, questioning, and other story-processing approaches to EFT to simplify the identifying and addressing of issues. He has a newsletter: *EFT Insights*, as well as training DVDs.

Other early innovators in the meridian tapping field were:

TAB – Touch and Breathe: John Diepold

BSFF – Be Set Free Fast: Larry Nims

TEST – Thought Energy Synchronization Therapy: Greg Nicosia

EdXTM – Energy Diagnostics and Treatment Method – Fred Gallo

NAEM – Negative Affect Erasing Method: Fred Gallo

IEP – Individualized Energy Psychotherapy: Gruder/Hover-Kramer

EvTFT – Evolving TFT: John Diepold

Still others, independently of Callahan, developed methods that used acupressure points *without* tapping. An example is Tapas Acupressure Technique (TAT) developed by Tapas Fleming.

## INNOVATIONS



Gary Craig's single algorithm method, EFT, a simplified version of TFT, leads the world in the development and teaching of the meridian tapping approach to healing. He said in an interview, "There is no EFT without innovations." That statement could be generalized to cover any treatment method.

There have been many, many, innovations in Meridian Tapping. There are too many to list here, although we attempt to list the most well-known in the Appendix and on the [Resource](#) page on our web site.

Are innovations to a method always necessary? If what you are doing is working, keep doing it. If what you are doing is not working, or is working slowly, or doesn't seem to work as well with some populations, it is very helpful to have other options and creative ways to address the issue as well. And it is always helpful to increase your knowledge of approaches for difficult issues.

## RESEARCH

All of these systems have amassed anecdotal evidence of their effectiveness. Research, however, is only beginning. Much more research into these methods is necessary before any Meridian Tapping Technique will be accepted into the mainstream of medicine or other fields.



Most of the research projects to date use either a TFT algorithm or the EFT shortcut version. The Association for Comprehensive Energy Psychology (ACEP) has an active committee pursuing research activities, and at times offers small monetary grants to encourage research. Some of this research is very encouraging (e.g., studies showing positive changes in the brain (using EEGs) after twelve TFT sessions; studies showing higher effectiveness, shorter treatment and longer lasting reductions of anxiety when using TFT verses cognitive behavioral therapy (a common traditional treatment method); and studies showing the effectiveness of EFT in reducing subjects' phobias of small animals.

A comprehensive list of information about what research has been done and is in process can be found on the ACEP web site: [www.energypsych.org](http://www.energypsych.org)

## HOW DOES MTT WORK?



*Fred Gallo*

What actually causes our emotional upsets? Callahan believed that all distress was caused by "perturbations" or disturbances in the "thought field." Gary Craig believes that the cause is a disruption in the energy system. Gallo felt that both explanations were too simplistic and did not take into account the other systems of the body. He put it a different way: "Traumatic stress is created the moment we say "no" to the present moment and the flow of life energy is blocked." (Gallo, 2009, in a speech to German audience.)

The current, very basic answer to what causes – and what can fix – physical distress is: "No one really knows."

There are, however, four key theories that are being explored:

1. Physiological - That existing biological mechanisms can explain it
  - a. Ron Ruden - <http://energypsych.org/article-ruden2.php>

- b. Judith Swack - <http://energypsych.org/article-swack.php>
  - c. Bruce Lipton - <http://www.brucelipton.com>
2. Pattern Interruption - That post traumatic “fixations” are interrupted
  - a. <http://www.bmsa-int.com> (multi-sensory activation)
3. Measurable Electromagnetic System - That our energy system interacts with our physiology
  - a. <http://www.acubriefs.com>
  - b. Jim Oschman - <http://www.energyresearch.bizland.com>
4. Non-Material Transfer or Quantum Physics
  - a. William Tiller - <http://tillerfoundation.com>

(From Diepold, et al. (2004) *Evolving Thought Field Therapy: The Clinician’s Handbook of Diagnoses, Treatment, and Theory*).

## COMMON FACTORS



What are the major factors in effective tapping? What do all the methods have in common? Three things:

- Focusing on (attuning to) an issue, emotion, or physical pain while doing the technique
- Tapping, touching, or intent to touch points along the meridians
- Balancing the energy system

All the other variations and innovations surrounding any Meridian Tapping Technique may be useful in helping get to an issue.

## THE POINTS

Meridian Tapping Techniques utilize points along fourteen main meridians. The most common points used all are located near the endpoint of the meridian and near a bone to maximize the percussion impact. Rarely are all points now used in a session. The majority of MTT practitioners have found that using fewer points often turns out to be just as effective.

The fourteen most common meridian points used are:

(Note: Abbreviations are from TFT)

ID	Name of Point	Description*	Meridian	Emotion (John Diamond)	Location (Acupuncture)

eb	Eyebrow	Beginning of Eyebrow next to nose ( <i>medial end of the eyebrow</i> )	Bladder	trauma, frustration, restless	Bladder-2
oe	Side of Eye	Outer corner of eye socket on the bone	Gall Bladder	rage	Gall Bladder -1
e	Under Eye	Under eye on edge of bone ( <i>the inferior border of the orbit, in the orbicularis oculi muscle</i> )	Stomach	anxiety/fear, nervous, craving	Stomach -1
un	Under Nose	Between nose and mouth ( <i>1/3 the distance from the nose and the top of the lip and at the junction of the philtrum with the upper lip</i> )	Governing Vessel	embarrassment	GV-26 and 27
Chin	Mid Chin	On chin ( <i>in the depression in the center of the mentolabial groove</i> )	Central Vessel	shame	CV-24
c	Collarbone	just below either clavicle "bump" ( <i>the lower border of the clavicle</i> )	Kidney	grief, anxiety, insecurity	Kidney - 27
a	Arm	4" under arm (bra strap or nipple level) and a little forward ( <i>On the lateral chest wall, on the midaxillary line</i> )	Spleen	anxiety, fear of future, self esteem	Spleen - 21
Th	Thumb	Body side of thumb nail at corner of the base	Lung	intolerance, arrogance	Lung - 11
if	Index Finger	Body side of index finger at corner of the base	Large Intestine	guilt	Large Intestine -1
mf	Middle Finger	Body side of middle finger at corner of the base**	Pericardium (also called circulation sex meridian)	jealousy, addictive cravings	Pericardium - 9
lf	Little Finger	Body side of little finger at base	Heart	anger	Heart - 9
Liv	Breast Spot	<i>On the chest, on the midclavicular line, in the sixth intercostal space***</i>	Liver	unhappiness	Liver - 14
G	Gamut Spot	1" above the notch between the ring and little finger ( <i>in the depression proximal to the fourth and fifth metacarpophalangeal</i> )	Thyroid		Triple Warmer - 3



		joints)			
sh	Side of Hand or Karate spot (where hand would hit when breaking wood in karate)	Little finger side of hand between where little finger ends (SI1) and wrist begins (SI3)	Small Intestine	sadness, reversals	Small Intestine – Between SI1 and SI3

\*Reference: Acuxo.com

\*\*While the point at the edge of the nail bed is used in common practice, the actual acupuncture point is described as being on the center tip of the middle finger.

\*\*\*This is just below the nipple. Because of the difficulty of reaching this point most either omit using it or use a point lower on the midriff (i.e., *on the lateral abdomen, slightly inferior and anterior to the tip of the free end of the eleventh rib*).

## OTHER POINTS

Some innovators, like Fred Gallo and James Durlacher (a colleague of Callahan's who developed Acu-Power), added more points to the above. Others, like Steve Reed (REMAP), tap on one point on the meridian as long as there is movement and go to the next point on the same meridian when the issue is resolved. The points he uses are:



- Just above bridge of nose – Bladder 1
- Just in front of the ear – Bladder 2
- Middle of end of eyebrow
- Side of nostril
- Just up over nipple on chest
- Above nipple point nearer the shoulder
- Third Eye – mid forehead – glabella (GV-24.5)
- Thymus point – mid chest above thymus gland (CV -20)

Other practitioners have included points such as:

- Top of the head – between ears – GV 20
- Wrist points
- Inside of the knee
- Ankle points

**Our goal in making this list is to point out that there are many meridian points and types of sequences used successfully by practitioners. Each has a favorite way of tapping.**

We encourage you to find additional information and study a method that resonates with you. There is not just one correct way to use tapping methods. There are many helpful approaches and techniques. There are many excellent practitioners. Some practitioners use these methods as an adjunct to their traditional methods and others use only meridian tapping in

their practice. If you are looking for a practitioner, Patricia Carrington has written an article that can be helpful: What Questions Should You Ask When Seeking an EFT Practitioner?

<http://www.masteringeft.com/SelectingEFTPractitioner.html>

## IS DIAMOND RIGHT ABOUT THE EMOTION LINK?

In the above list we have inserted the emotions that John Diamond attached to each point. Knowledge of these links can be helpful. Bear in mind, however, that this is not a “carved in stone” list. Most practitioners do “rounds” of tapping on the same points as they work with all emotions and events. Use references as guidelines, not as laws. Keep your mind and eyes open to other possibilities. People are often more complex than a simple list can indicate.

## SHORTCUTS



Multiple “shortcut” (i.e., not using all the points listed above) methods have been explored by others.

The shortest of the shortcuts is ONE point. Find the point that is most effective for you by paying close attention to your reaction when tapping or holding each of the meridian points. If you are noticing a shift on one point, try just staying on that point until you no longer notice any change before you move on to the next point. Notice what point (or points) seemed to have the most impact – the most effective response. Try focusing on your issue and just using that point. When the intensity level of your issue no longer reduces, add in more points.

Callahan felt that each emotion or problem required a different sequence of some or all of the points. His “shortcut” algorithms were identified as patterns for certain emotions. However, sometimes there are multiple and/or conflicting emotions and it is difficult to differentiate one emotion from another. Gary Craig (EFT) felt that diagnosing the order of the points according to the issue was not necessary. He, and

others like Dr. Carrington, tried tapping just some or all of the points in the same order no matter what the problem was.

## FINGER POINTS



Finger points are not often used by most MTT practitioners. Other tapping methods, however, use only the finger points. However, even if you don’t use the finger points as a part of a regular sequence, they are terrific for “stealthy tapping.” For instance, you can tap the finger points under the table in a meeting or tap fingers on the wheel while driving. Remember the finger

points are on the body side of the nail on the bottom right of the nail bed.

## TRAUMA OFF SWITCH?

Did you ever wonder why people can become traumatized in the wink of an eye and take years – or never – to get over it? These Meridian Tapping Techniques could be an off switch.

**Using these Techniques allows you to release the negative emotions surrounding an event. It does not remove the memory of the event.**

It does not remove normal, natural, healthy emotions. It does not remove emotions that realistically protect you. It does not remove appropriate caution.

Also, it is not necessary to believe tapping techniques work for them to be effective for you. You simply need to be willing to try the one you choose.

MTTs are basically a very simple process:

- focus on what bothers you.
- do it with focus and intention.
- use a series of touches or taps and “turn it off” on purpose.

Tapping is quick, free, and effective. The ultimate self-help tool!

## HOW TO TAP THE POINTS

Most people tap using their dominant hand on the dominant side of the body and tap each point about seven times. There are many effective variations. Pick a tapping method that resonates best with you. If the method you chose is not working, try another one.



- You can tap with either hand.
- You can tap on either side.
- You can tap using both hands.
- You can cross your arms and tap on the opposite side of the body (i.e., tap on right side with left hand and on left side with right hand).
- You can do alternate tapping (i.e., once on the right side and once on the left).
- You can have someone else tap on you.
- You can tap while looking in a mirror.
- You can tap looking at a picture of the person, persons, or location involved.

Some like to put one hand on the part of the body where they feel the emotion or pain as they tap. Others don't feel this is necessary.

## CREATIVITY



There are many, many, variations and much creativity in how these tapping sequences are used by and with people. The use of language, metaphors, and ways to work with the points varies almost with each practitioner. We are only introducing the most commonly used points in this manual and some of the more well-known techniques. We encourage you to learn more with books on the various techniques and take classes for additional information about how to use these methods. There are also some excellent DVDs showing these techniques in action.

## LET'S TRY IT

Some tapping methods encourage you to tap while taking slow deep breaths, others omit the breathing instructions. Try it either way. Use which feels best for you.

If this is the first time you are using any MTT, try it first on a non-emotional issue. Here are a couple of exercises:

### Breathing Exercise

Most people do not take in full deep breaths. Let's see how well you do with that.

- Take a **slow deep** breath.
- Take two more slow deep breaths.
- Assess what percentage of a true full deep breath you were able to take.
- Write down that percentage.
- Pick a method to try (like the shortcut on page 10).
- Tap through the algorithm at least three times.
- Take another slow deep breath.
- Write down any change you notice.
- If your breath is not to 100%, tap again.



### Craving Exercise



Don't worry. This doesn't mean you'll never have your "favorite" again. You will have a choice as to whether you eat or drink it. You just won't feel like you **HAVE TO** have it.

- Get some food or snack or drink that you tend to like a *lot* and have some craving feelings for. Put it in front of you.
- How much do you want to eat/drink it on a scale of 0 to 10?
- Describe the Craving. Focus on the details of your response to it:
  - What exactly do you like about it?
  - What are the smells and your response to the smells?
  - What about the texture of it? The taste?
  - What emotions come up about the substance?

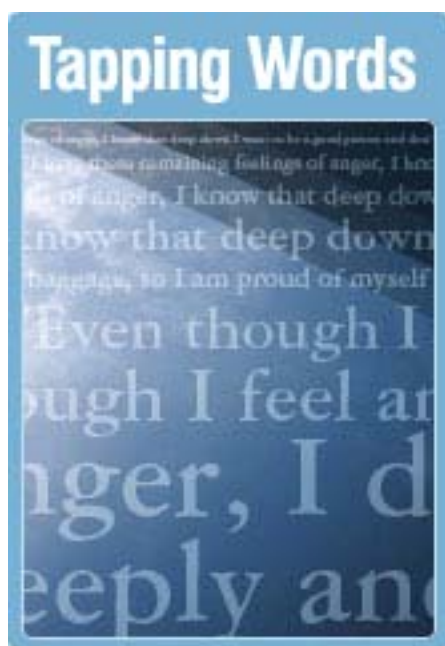


- Is there a physical reaction when you see it, smell it, hold it, and think about it?
- If you are below a 10 in craving, try taking a bite or sip to increase your desire.
- Write down your number.
- Pick one of the aspects of the craving and use a MTT to reduce the craving.
- Tap until that issue is zero then go to the next aspect.
- Tap for each remaining aspect until you no longer want the substance.
- If you see no progress, go to the OBJECTIONS TO SUCCESS section.

Notice that the process was the same in each exercise:

1. You picked one issue.
2. You assessed what was going on.
3. You evaluated (measured) how you were doing.
4. You tapped the points.
5. You evaluated again.
6. You repeated the algorithm until you were at a 0 (or 100% in the case of the breathing) and if it didn't work you added in other points or exercises.

These steps are the essence of any MTT method, whichever tapping algorithm is used.



## DO I NEED TO SAY ANYTHING?

The most important part is that you are “in tune” with what you are tapping for.

Often a phrase or statement, or what EFT calls “setups” or “reminder phrases,” are used along with the tapping. The words can be helpful in dealing with reversals, tuning in to new aspects, and in keeping the person focused on the issue. We just want to note that words are not always necessary.

Callahan started out using statements such as: “Even though I have (this feeling), I accept myself anyway,” or “I deeply and profoundly accept myself.” He dropped such statements in 1996 because he wanted to show that it was not the cognitions but the tapping that did the work. Gary Craig and most of his students have retained the use of the statements in their sequences.

## MAKING STATEMENTS

Most, although certainly not all, MTT methods use some type of statements while tapping. These statements have two parts:

- a problem statement, and
- a positive acceptance statement or a statement of what you want to happen instead. (Note that we first tried the breathing exercise and the craving one *not* using words.)

## EXAMPLES OF THESE STATEMENTS TOGETHER:

- *Even though I am afraid of spiders, I deeply and completely accept myself.*

- *Even though I was so ashamed when my father threw his beer can at my friend, I am still a good person.*
- *Even though I ate my brother's piece of cake when I was ten and he gave me a black eye, I accept myself anyway.*
- *Even though I get depressed when I think of my ex-husband walking out that door, I accept myself anyway.*
- *Even though I was too terrified to do anything when he came at me, I accept myself and how I feel.*

As you tap through one thing, other things tend to come up – usually, but not always, related to the first issue. You can go with the new issue or you can jot it down and come back to it when you finish the one you are working on. If you change issues, be sure to go back and check on the first issue to make sure it is down to 0.

**Important:** *These techniques allow you to address painful issues as painlessly as possible. While these methods are generally much less upsetting than traditional techniques, using them is not always without some upset. Sometimes when the issue is a very large trauma it requires a more delicate approach. Since you may not always know what will come up when you use these techniques, the instructions in this manual will take you through a more subtle approach. While being subtle is not always necessary, it is safer – especially if you use these methods as a self-help tool. It is important that you take responsibility for your own health. While these methods have many thousands of users and no reported negative side effects, and there is some useful preliminary research, more needs to be done to assess all effects, and effective uses, of these methods.*



## WHAT ELSE DO I NEED TO KNOW?

MTT can be a wonderful self-help tool. Individuals can work down a list of their issues on their own using any of the tapping methods. In the information box below we will go over some of the most common “snags” in the use of any MTT.

The only set rule for all of them is KEEP TAPPING! Many times focusing on issues can intensify the feelings at first. This is when you **MUST KEEP TAPPING** because it's the tapping that regulates the emotion!

## FOR PRACTITIONERS:

Even after thoroughly learning any MTT, it is still necessary to learn the nuances of doing a complete “session.” There is more to “tapping” with someone than just tapping! MTT is so surprisingly easy with amazing results that many newbies blaze ahead without additional training. We encourage you to get training, to watch DVDs, and to read articles and books about MTTs and other energy methods. If you are a practitioner, or want to be one, it is also important to have coaching or mentoring.

If you are a practitioner, remember that MTT, like any therapeutic method, is best conducted in a caring, informed, “partnership”-type relationship: a relationship with rapport, empathy, clarity, commitment, awareness, permission, attunement, and measurement.

As a practitioner, evaluation and assessment would include the usual steps: establishing rapport, gathering information needed for a full assessment, giving information to the client necessary for informed consent, evaluating the motivation or readiness of the client to change, etc.

Long explanations of Meridian Tapping Techniques are rarely if ever necessary. You can keep it as simple as: “Let’s try a new relaxation technique.”

A key difference between traditional assessments and MTT assessments is that with MTT you do not need to know the details of the issue the client is working on. **The important part is that the person is focused – in “attunement” – with the issue while tapping.**

## PICKING YOUR ISSUE

Remember that you do not have to believe that MTT will work for it to be effective. You just have to DO IT. Ask yourself what issues you would like to address by using MTT.

- What experiences in your life would you just as soon have done without?
- What feelings, behaviors, attitudes, and beliefs would it be helpful to change?
- Was there a time you can remember that someone hurt you so deeply that you'll never forget it?
- What makes you really upset or angry about your childhood or your life?
- Is there a reaction you have that you wish you didn't have? If you were to guess, when was the first time you felt that?



Ask yourself how these events or issues affect you. Think about how your life would be different without them. It would be good to make a list. Your life can be compared to a garden; the flowers are positive thoughts and the weeds are negative thoughts. If you can pull one weed up every day, imagine the difference this would make in your life. Traditional EFT® calls this daily work on your own issues the “Personal Peace Procedure.”



## RESULTS GENERALIZE

We learn at all ages. If each of those instances where we learned is a log, then those learnings together become like a dam and can hold us back. By picking a “log” to tap on, it’s possible to loosen up the entire dam by clearing just some of the logs! It is helpful to try to remember the FIRST time you learned something; however, any log will do to begin.



Most people have so many specific events that bother them that they may despair of ever getting to all of them. In some cases these are repetitive events that bring forth the same reactions and reinforce negative beliefs. While it is useful to go to the first time you felt the way you feel, you can actually start with any event. In some way all the events that bring up a similar feeling are connected, and as you resolve each one the others have a weaker response. It is possible to tap for a few events (sometimes just one event) and find that the other events provoking a similar feeling are resolved as well.

As you practice these techniques, when one issue is resolved another issue may pop into your head. Just tap to resolve that one next.

MTT can be used for any type of emotional or physical issue. The most important thing to remember is to make the issue as specific as possible before you start tapping.

When first learning and practicing MTT, pick simple issues. Simple issues are current issues (not a long-standing trauma, death, etc.). These are easier to measure, and most likely have only one major component.

Issue that are usually simple (but not always!):

- Cravings – food, wine, cigarettes, chocolate, etc.
- Pain – a cut, a sore muscle, headache or achy body part.
- Fear – of heights, spiders, needles, etc.

## GETTING SPECIFIC

There is a jingle that says: “For results that are Terrific, it helps to be Specific.” Many times people want to start with a general issue, for instance: My mother never loved me. My father ignored me. I am anxious. My head hurts.

What is “being specific” anyway? Specificity is getting to your current truth – the truth in your perceptions – the truth in your feelings – the truth in your beliefs – the truth in the physical manifestation of emotions and symptoms – the truth in what happened that led you to the beliefs you hold about yourself. In essence, your current truth is all about YOU. It may not be the “truth” others hold about the same issue. It may not even be the “real” truth, whatever that is. Your truth is personal to you. To make a specific statement from a general statement such as: “My mother never loved me,” go to your “truth:”



- When did you decide that?
- What happened then?
- What else did you decide about what happened?



- What did you believe the event said about you?
- If the event happened more than once, describe one of those events – the first time if you can.
- What did you see, hear, smell, taste?
- What did you feel? Emotionally and in your body.
- What were you thinking?
- Where do you feel the emotions or physical reactions in your body now?
- What adjectives best describe those physical feelings now?
- Did you make any decisions about yourself and the world when it happened?

You don't have to answer all of these questions to start tapping on something specific. Just start on one specific issue and other specifics may come up. Remember you are tapping on your truth as you see it and usually this truth is a negative.



*"My mother never loved me" may become: My mother ignored me when I needed something. The first time I remember was when I was five, we were in a strange place I didn't know and I needed to go to the bathroom. She kept playing cards and laughing with the players. I didn't know what to do and felt helpless. I wet my pants. I felt ashamed and scared and very little. I can still hear her laughter and smell the cigarette smoke. She did other things like that and I decided my needs were not important and have kept my needs to myself. I was also angry at my dependence on her and vowed not to let someone else control whether I could get what I wanted or needed. I have to do it myself. I can feel the shame and anger in my body as tightness in my throat. I want to scream.*

Now, rarely can anyone get quite THAT specific. The point is to get out as many details of your truth as possible.

Where to start? Focus on the aspect of the scenario that seems strongest to you NOW. Don't worry about having it all clear.

Sometimes it is easy to know what emotional issue you want to tap on. Other times it is difficult to know where to start. Any issue you want to "fix" causes some level of pain for you – from annoyances to serious trauma. Remember that the more specific you can make your issue, the more effective MTT will be. Often the issue will start with the phrase: "The time when. . . ."

## WHEN NOT TO BE SPECIFIC

Some events or traumas in our lives are too painful to deal with directly. If you believe the trauma would deeply upset you or your client, you will do best to start with the general and work down toward the specific.

Let's use an analogy. The response to trauma can be like the rings around a rock thrown into a pond. The rock represents the trauma. The ring closest to where the rock went in is small and dense. In resolving the trauma of "the rock," the water creates rings in larger and larger circles, further and further apart, finally fading into oblivion. Traumatic events that are not resolved are like rings frozen on the pond – frozen rings that don't seem to soften, fade and dissipate. Those frozen rings still affect us.

If going directly to the trauma would be very upsetting, it is helpful NOT to go straight to the trauma; not to start with the worse feeling or aspect of the event. What to do instead?



Instead of thinking about or working directly on the traumatic event, pretend instead that the trauma is *contained*. Maybe in a tightly closed safe – or behind a heavy wall or curtain – or seen at a very, very, far distance away. You can then tap in a general way, not for the trauma itself but for: The fear of even looking at the safe. Fear of thinking about what's in the safe. The fear about the thing in the tightly closed safe. The fear of opening that safe. The fear of the lock opening. The fear of the door opening. The fear of looking at it again. The fear of becoming overwhelmed.

In these cases, you would want to start tapping as soon as you feel even a very small emotion around the situation. You would not want to get into all the details at this stage. Keep the focus very general. Once you have taken out a few of those wide outside rings you can go in closer.

You want to create as little upset in yourself or your client as possible. Keep moving safely and go slowly. Tapping techniques work quickly but the goal is not speed; the goal is safety.

## PHYSICAL RESPONSE

Sometimes it is easier to tap on whatever emotion comes up and wherever you feel it in your body. Whether it is a pain or an emotion, tapping for the physical response is a good way to measure how well the tapping is working. You can say, "If this emotion was somewhere in my (your) body, where would it be? What color?"

Again, being *specific* about the physical feeling is helpful. Define exactly where the feeling is – how else do you know you are having an emotion? Touching the area may help you focus. Use adjectives that best describe the physical feeling. Sharp, dull, ache, tightness, stiffness, tension, pinprick, throb, pounding, numbness, etc.

Many practitioners use metaphors to get to the issue:

- If it had a color what would it be?
- If it had a shape what would it be?
- Is it moving or making any sound?
- If it could give you a message what would it be?

Using a general issue is sort of like going on a trip when you don't know where you are going; building a house with no plans or specific materials to go into it; or making a cake and having

no specific items or measurements of how much should be included. It might work, but chances are smaller.

## DECIDE HOW TO MEASURE YOUR ISSUE

The key reason to measure how much the issue bothers you is to track your progress. There are many ways to do this.

The most common is to assess the intensity level of the issue on a scale of 0 to 10. Zero (0) being no emotion about it at all (or no pain) and 10 being the worst it could be.



With children and some adults it is effective to show a spread of hands. Hands in the prayer position indicate no emotion (or pain) and hands spread out as far as they will go indicate the worst it could be.

Body feelings can also be used. Use tracking indicators such as:

- Where in your body you feel it.
- What adjectives describe it.
- Has the feeling moved – if so just tap for the new “location.”
- Has the feeling/issue changed at all? – If using a metaphor: has it changed color or shape? If it was described as a huge black blob you carry around on your back and it changes into a light that radiates outward, that is a “measure” that you can notice. ANY change is good. Just keep going to create more “change” until the description is a positive one.
- What feeling is stronger now?

It is helpful to write down your number next to your issue or feeling so you can go back to check on it. Sometimes when you are tapping you may move to a different issue or another aspect of the same issue. You want to go back to check on the first issue you were working on. About every three tapping sequences stop to check in to see where your issue is now.

When the process is successful you will report movements in “leaps. This means if you start out at a 10 usually the number will go down 2 or 3 (or more) points. For instance, it will go from a 10 to a 7 then a 4 then a 1 or 0.

Changes happen so fast that the person may have what is called the APEX problem, a term used by Arthur Koestler (1967) who referred to the mind not operating at the apex of its capacity. People then tend to give other “explanations” than the tapping they just completed for why they feel better.

## MERIDIAN REVERSALS

Reversals or energy blockages are believed to prevent whatever method is used from being effective. Acupuncturists called this phenomenon a “meridian reversal.” Diamond and Callahan, and later Gary Craig, called this “psychological reversal.” In the growing field of Meridian Tapping, the concept of energy being “reversed,” or blocked has been given many names: Reverse polarity, non-polarization, neurological disorganization, psychoenergetic reversal, objections to succeeding, and more. ACEP attempted to describe what is happening in a reversal by calling it a Systemic Energetic Interference. This manual will go back to the origins and call it “meridian reversal.”

When Meridian Tapping is not effective, try these quick, simple changes first:

- Take five or six slow deep breaths
- Drink a glass of water

Some practitioners believe that sensitivities to other electromagnetic fields interfere with tapping effectiveness. Try taking off watches, jewelry, etc., and move away from any possible interfering electromagnetic field.

**Cook’s Hook Up** on page 35 is also an excellent method to use before the beginning of any tapping session to help rectify “tough” reversals.

## ACCEPTANCE STATEMENT

You can be reversed on one issue and not another. You can not be reversed to start with and then become reversed during a tapping session. Not everyone is reversed all the time on every issue. Gary Craig thinks that reversals happen about 40% of the time. Other practitioners report even less frequency of reversals. Craig feels it is faster to assume a reversal and correct for it before tapping than to tap and wait to see whether the tapping works.

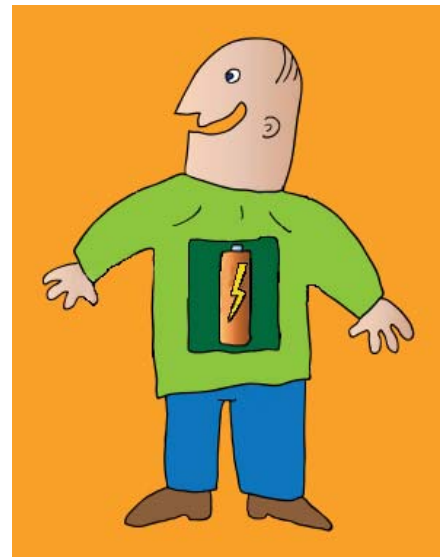
Affirmations or acceptance statements are often added to a sequence. Some MTT practitioners give strong emphasis to diagnosing and correcting reversals and have a variety of methods to correct them – some are described below. Others feel that a “reversal” can be treated with another simple tapping sequence.



The “Karate Chop” Point

To use an acceptance statement, make a statement of your issue followed by a positive statement of acceptance. Many tapping practitioners use such statements. Indeed, the language used by a skilled therapist can be quite rich and cover many aspects in one tapping sequence. But is it always necessary to say anything?

Initially Callahan used affirmative statements with TFT such as: *I accept myself even though I still have this problem.* He stopped using affirmations in 1996 because he said people were attributing





their results to the cognitive part of the affirmations rather than the TFT process.

While practitioners have found tapping on points other than the side of the hand as effective, most use the side of the hand point (karate chop point) for the initial affirmation.

Tap on the side of the hand or karate spot while saying:  
Even though I have “this problem...”

- I’m OK, or
- I deeply and completely accept myself (even if you don’t), or
- I’m a good person anyway.

As long as the statement has the two parts: problem and acceptance, it does not matter the phrase you use. You can use any positive phrase about yourself or your client. Even if you are not reversed, what a gift it is to say: I have a problem and I am still a good person. That’s got to be therapeutic whether you tap or not. ☺



Many people have a hard time saying they accept themselves. You can often get around this by saying: Even though I have this problem, I accept myself, even though I don’t accept myself. Or, I’ll think about accepting myself someday. Or tell them they don’t have to believe it – just say it.

Other MTT innovators feel that attunement to the issue while tapping is the effective treatment and affirmations are not necessary. The biggest block newcomers have to using these methods is concern about using the “right words.” If you are worrying about using the “right words,” focus on your issue clearly and use the algorithms without the words.

## THE WORK



Now let’s try tapping on an emotional issue.

1. IDENTIFY - Identify an event, emotion or physical feeling.
2. CLARIFY - ONE SCENARIO – One issue. Make sure your event is a specific scenario – sort of like a very short movie. You cannot tap on lots of general issues at the same time. Or if you are choosing a physical issue, identify only one pain or discomfort at a time. Remember that clear focus is important. You can clarify your issue using the GETTING SPECIFIC section.
3. ASSESS – on a scale of 0 to 10 how much does it bother you now?

4. GENERAL or SPECIFIC? If you believe that going back over the event in detail would upset you, tap in a general way for your fear about looking at it or even thinking about it before you go further. You want to feel calm about talking or thinking about it.
5. CREATE DETAIL – When your intensity is reduced, go into the detail of the event. Practitioners can ask: “Are you ready to talk about it now?” and if so ask them to narrate their issue like a movie, starting at an ordinary moment before the intensity. Say “If anything moves you up the intensity scale at all, then stop, let me know.” (You watch and ask as well.) Keep in mind they do not actually have to tell you about the issue. The important thing is they are focused.
6. TAP – Tap down each intense feeling/part. When you believe you’ve covered all the aspects, go back and review your “movie.” Stop to tap at **any** emotion.
7. CHECK – Assess intensity again.
8. Continue tapping until you can go over the entire scenario without intensity. Watch for cognitive shifts (new perspectives on what happened) and changes in how they see the images and sounds now - colors fading, blurry, losing interest. Look for physical evidence of changes – body relaxes, color comes back to face, involuntary physical movements, etc. Point out these changes at appropriate moments. Watch, too, for changing aspects, feelings, pictures, physiological responses.
9. TEST it out – When the issue is down to a zero, go back and attempt to bring up any emotional or physical response to any and all aspects. Tap on any new pieces that arise. Imagine the issue with any future challenge it may bring. Test again. Test in the real world if possible.

## OBJECTIONS TO SUCCEEDING

If the intensity doesn’t go down or goes down some and stops, what happens?

Some reasons may include reversals or internal objections. What might appear to be a meridian reversal or energy block can be an unconscious objection to changing. These objections most often fall in the following categories:

- I don’t **deserve** to get over this problem – MOST common objection.
- It is not **safe** for me (or for someone else) to get over this. (This may include the belief that the person who hurt me will get away with it if I get over this.)
- It is just **not possible** for me to get over this.
- It will not **benefit** me, or others, for me to resolve this.
- I will not give myself **permission** to change anything.
- I am **not willing** to do what is necessary. I am unwilling to take action to address the issue – usually this concept results from either fear of succeeding or fear of NOT succeeding.



- **Deprivation** – I will be deprived of something if I get over it.
- I could lose my “**identity**” if I resolve this. I won’t know who I am; others won’t know me.
- Internal **Conflicts** - Part of me wants to resolve this but part of me doesn’t.

When you suspect you may have an unconscious objection to changing but are not sure what it is, ask:

- What would be the downside of getting rid of these issues?
- What would be the upside of keeping them?
- Is it really safe or in your best interest to let them go?
- Who would you be if you resolve this?
- Would it harm others, will you be "lost" without your issues, and are you afraid to get over these issues, etc.

There can be multiple objections. You will need to explore what each of the objections means to you. Try to go to an event where you decided the objection was your “truth.” We must tap saying the truth before we can move on, and the truth is often extremely negative and can be a little frightening. (example: *Even though I don’t REALLY want to loose weight because I don’t trust myself to say no... I love and accept myself anyway.*)

The objections can generally be addressed by tapping on the karate chop spot (side of the hand) and using a statement such as: *Even though I have had this problem so long and I have wrapped my life around it and I would lose my “victim” status if I resolve it, I deeply and completely accept myself anyway.*

## CORE BELIEFS

Another major reason that progress can stop when tapping is the blocking effect of a core belief we hold about ourselves. There are hundreds of these but a few of the major ones are:

- I am unlovable.
- I am not worthy.
- I am inadequate.
- I am powerless.
- I am, or will be, abandoned.
- I am shameful or guilty.
- I am unfortunate - or unlucky.
- I am stupid - or dumb or incompetent.



Recognize yourself? You have lots of company. Most people have at least one negative belief about themselves to some degree. We learned these beliefs as children, usually from some “authority” figure in our lives, from what was said to us or done to us. We carry those beliefs about ourselves into adulthood. Many firmly believe these negative beliefs to be facts. Those “facts” make up our “truth.” Remember that we tap on our current truth.



Spend some time exploring how you created the “facts” in your life. These explorations will show you where you need to focus your tapping.

For instance:

- Where/when/from whom did you learn that you were “unworthy?”
- What events reinforced that belief?

## DO YOU EVER TAP FOR A POSITIVE?

First you have to neutralize or modify your current “truth.” As long as you still believe the negative facts and interfering “truths,” you can tap in the positive all day long and, while it won’t hurt, it probably won’t change anything either. After you tap down the negative until a zero or at least a 1 or 2, THEN you can tap for the opposite statement: *I am worthy*. THEN you can tap for what you want.

Saying positive affirmations without removing the negative interferences, if it works at all, is rarely effective for long.



## CHECK YOUR RESULTS

After you have completed three rounds of tapping sequences stop and check in. It is helpful to write down the issue and intensity felt about that issue. This makes it simple to check your progress. Assuming you are using the intensity measure of 0 to 10, go back to the issue you started with and note the intensity you have now on that issue.

### Changing Aspects

Did You <b>CHANGE</b> the <b>SCENE</b> you SEE?	Is it now a different voice, words, sound?
Are the <b>SMELLS</b> or <b>TASTE</b> the same?	Are you working on the same <b>EMOTION</b> ?
Are you experiencing the same <b>PHYSICAL FEELING</b> ?	Is it a different <b>THOUGHT</b> Or... <b>EVENT</b> ?

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It is not uncommon to switch aspects while you are tapping. You could change to a different aspect of the same event or to a different, but somehow related event. You could change the emotion, perhaps from anger to sadness. Your pain or physical response could have changed or moved.

All changes are important. A successful tapping session follows the changes. But do go back to check on the initial issues. You want to assure what you started with is gone completely.

Sometimes people have a block to resolving an issue completely. You may wish to tap again for the first issue: *Even though I still have some of this issue.*



After tapping you have three possible outcomes:

**1. The issue no longer bothers you and you can no longer bring up the negative emotion.**

Great! Try hard to bring back up the issue, the emotion, the physical feeling. Go through every aspect of the issue. If there is even a small part left, continue tapping until it is down to 0.

Sometimes people do not recognize a 0. They feel the issue should bother them so they still give a number on the intensity scale. If you suspect this the case, ask them: How do you know it is still a \_\_\_\_? How do you know it is not a 0? What other aspects keep it from being a 0?

## **TEST IT OUT**

When you report the issue is a zero, it is important to test to assure other aspects don't come up. If other aspects do arise, tap again on the new aspect.



Usually testing is done by going back over every aspect of the scenario and checking to see if there is still any emotional response on any detail. If the issue is a fear, you can imagine facing the issue or situation in the future and “practice” the response in your head until calm. In other cases, you can actually check it out in the real world. Scared of elevators – go ride one. Scared of snakes, mice, dogs, etc. – visit a pet store. Scared of flying – book a flight. Start tapping with an emotional response to any part of the in vivo situation.

Testing is about being as thorough as possible in reviewing the issue.

**2) The issue is reduced.**

That's great news too. It means tapping is working for you but more tapping is needed. Go back over the issue you tapped on. Ask yourself the questions in the GETTING SPECIFIC section. Try to define your “truth” in greater detail, getting more and more specific. Look over the OBJECTIONS TO SUCCEEDING Section. Could any of those objections be in the way?

Sometimes the movement of energy to resolve the issue takes a few hours to complete its work. For instance, Sally (not her real name) had been tapping half-heartedly on her issues for a couple of months and didn't seem like she was getting anywhere. She was having trouble sleeping. One evening Sally decided to really focus on the issues around her grief. She started very generally until she felt relaxed and then got into specifics. She tapped on her grief and depression for hours, again with only minimal relief – from a 10 to an 8. She had been through many, many, aspects but had not lowered any below an 8. She felt tired and relaxed enough to go on to sleep. The next day at work about break time she felt the depression lift and the intensity number drop to 4. She knew she had more work to do but she was thrilled.



You cannot always tell by observing when the energy shifts. Some have physical symptoms; yawning is one indicator of energy shifting. Other times you are relying totally on self report.

### 3) The issue is unchanged.

There can be many reasons. You stopped too soon. You weren't focusing on your "truth;" maybe you were trying to downplay how you really feel about the issue. You could be dehydrated, or you could be sensitive to something in your environment. Perhaps you picked too big an issue. Break it down and tap for each aspect. Look at the sections on OBJECTIONS TO SUCCEEDING and MERIDIAN REVERSALS for additional exercises.

## OTHER TOOLS

### THE FLOOR TO CEILING EYE ROLL

Most practitioners keep tapping until the intensity is a zero. However another shortcut is the Eye Roll. The Eye Roll can be used when the intensity level of an issue is low (a 1 or a 2). It can also be used to finish up a sequence.

How to do it:

- Look straight ahead.
- Start tapping on the gamut spot. (The gamut spot is located an inch above the notch between the ring and little finger. If you have trouble finding it, just use all fingers of one hand to tap the back of the other hand.)
- While focusing on your issue and keeping your head level, look as far downward as possible.
- Now raise your eyes up slowly – at least to the count of seven.
- Raise your eyes as far back as you comfortably can.
- Close your eyes for a few seconds.

Generally you will take a deep breath. Now reassess the intensity of your emotion or other feeling. If not reduced to 0, go back to tapping on other aspects and addressing any feelings

around letting go of the issue completely. If it does not reduce at all after three rounds, try identifying a specific issue behind this and/or go to the section on MERIDIAN REVERSALS.

## THE 9 GAMUT

Callahan's treatment algorithms (and his diagnostics) involved what he called the 9 Gamut, which is a nine-step process he modified from a system developed by George Goodheart. Goodheart developed the technique which he called "eyes into distortion," involving six eye positions to increase the chance of chiropractic results being maintained. These same six eye positions are also used in Neurolinguistic Programming (NLP), (Bandler and Grinder, 1975) to access different areas of the brain. The 9 Gamut, according to Callahan, is used as a fine-tuning exercise to enhance the therapeutic results by balancing various functions of the brain and to help tune into other related aspects of the issue.

All of Callahan's treatment sequences involved tapping the points, then doing the 9 Gamut, then repeating the points and ending with the Eye Roll (described below). Gary Craig originally used the 9 Gamut, but dropped its use in later years as he found good results without it. Many MMTers use it when high emotion is present or things don't seem to be "moving."

However, like the Eye Roll and the Collarbone Breathing Technique, explained below, these are still excellent tools for your toolbox to pull out when nothing else seems to be working.



### The 9 Gamut Process

Continuously tap on the gamut point (point on the back of the hand, between and just below knuckles of the 4th and 5th finger) while performing each of these 9 actions:

1. Close your eyes.
2. Open your eyes.
3. Holding your head still, look hard down right.
4. Holding your head still, look hard down left.
5. Roll both eyes in 360 degree circle.
6. Roll both eyes in 360 degree circle in other direction.
7. Hum two seconds of a song.
8. Count to 5.
9. Hum two seconds of a song.

## MUSCLE TESTING

Some MTT practitioners utilize muscle testing. Most do not. Muscle testing is a different set of skills from MTT and will not be covered in this manual. Some practitioners consider it critical. Other successful practitioners never use it.





Muscle testing can be a handy tool but we discourage your use of it with clients until you become proficient. Incorrect muscle testing can produce false information. Muscle testing is not essential to success with tapping methods. If you choose to use muscle testing, please use it responsibly.

See the Bibliography for a few references to learn muscle testing. There are many other sources as well.

## KNOW YOUR LIMITS



If you are a practitioner, be aware that even though you have worked through your major issues, there are always more. We are never completely “done.” A good practitioner continues to tap on his or her issues, both residuals from their history and new issues as they arise. Having another experienced practitioner to consult with is both ethical and professional.

Always consider your level of experience and expertise. Keep learning and growing. Attending a conference, a training class, or watching DVDs of experienced

practitioners and re-watching those videos that you particularly felt were packed full of helpful approaches and other nuances, as well as reading books and case histories are helpful in increasing your knowledge base and skills. Develop a group of alliances to whom you can ask questions and/or refer cases that are outside your area of knowledge and expertise. Don't be a Lone Ranger.

MTT is the ultimate self-help tool and can be used on any issue. Make your list of issues and tap every day, and you will experience more peace and calm in your life.

Some issues, however, have been buried so long that we resist bringing them up. They may have been buried so long we simply do not want to awaken a sleeping giant. And, if we were totally honest, we often don't want to go there. After all, we've spent sometimes years not letting our issues upset us. Why would we want to awaken them? Problem is that the energy it takes to keep those issues under wraps is energy we don't have available to us to use for our own healing. Tapping through them frees energy for other aspects of our life.

In these situations it is useful to get help. It is sometimes better to go to the “expert.” You wouldn't do your own dentistry, for example. Other times, it just plain helps to have another person tapping with you. Perhaps there is real energetic benefit when two or more are working together. The insights are multiplied when there is help.



## WHAT ABOUT THE RIGHT WORDS?

Many newcomers to the tapping world worry they don't know what "words" to use. They may have watched a skilled, experienced practitioner with the ability to use intuition and reframe multiple issues at the same time. This skill does indeed take experience and practice. However, not to worry, words are not necessary (at least most of the time), as long as the person is focused on his/her issue while tapping.

Dr. Callahan dropped the practice of saying affirmations as unnecessary. Some practitioners just tap without creating statements. Others listen carefully to what their client says and use the client's words as statements while tapping on the points. Others have the client pick what words he or she feels are necessary to address his or her problem. If you have a client able to

verbalize his or her feelings, this is an excellent way to make sure you are right on target.

If you feel the "words" would help you, there is a free on-line site where you can input your own feeling, emotion, or event and the software generates words for you:

[www.TappingWords.com](http://www.TappingWords.com)



*Sandi Radomski, ND, LCSW*

## OPTIONS FOR COMPLEX REVERSALS

Most reversals, and sensitivities or "allergies," can be resolved by identifying them and tapping several rounds using the reversal or sensitivity as the focus. Sandi Radomski developed her entire MTT system around dealing with allergies ([www.allergyantidotes.com](http://www.allergyantidotes.com)).

Sometimes more complex "reversals" are involved and another exercise may be needed. Try these. If tapping is still not working for you, you may need to see a professional to work out the problem.

Some of the exercises useful for addressing complex reversals are:

- Using the "sore spot" – a neurolymphatic massage point. *Touch for Health* (1<sup>st</sup> edition 1973) John Thie
- Collarbone Breathing – developed by Dr. Roger Callahan
- Thymus Thump procedure – Dr. John Diamond, psychiatrist



*Paul Lynch, EFT Master*

- Cross Crawl and Cook's Hook-up: Educational Kinesiology (Edu-K) and/or Brain Gym techniques

## Sore Spot

The spot used in tapping is located on the chest above the breasts about where you would place a name tag. It is called the sore spot in the tapping world, as it is tender when you massage it. Our bodies have many neurolymphatic reflexes; most are on the chest and back of the body. These reflexes supply energy to the lymphatic system and act like circuit breakers when the system becomes overloaded (Thie, 1972 - 2002).

Rubbing this spot in a circular motion is used to break a meridian reversal and allow the tapping to work. Some MTT practitioners use it in place of tapping on the side of the hand.

## Collarbone Breathing

Remember the child's game where you tapped your head and rubbed your tummy? It was difficult at first but became simple with practice. Collarbone breathing is like that. It is a simple process but involves a number of steps. After you practice it a few times it becomes automatic.



*Loretta Sparks, EFT Master  
Teaching Collarbone Breathing*

David Walther, a chiropractor, developed a treatment that he called "Cross-K27." Walther used it in his treatments for very complex problems. However, his treatment used cranial manipulation, which required special training. Callahan discovered he could have the same effect if he substituted tapping the gamut spot on the back of the hand while using the same breathing steps required in the "Cross-27."

Collarbone breathing requires constant tapping on the gamut spot while holding fingers, then knuckles, on first one collarbone (K-27, see diagram) point and then the other, all the while doing various breathing exercises. Tap rapidly with about five good taps for each of the breathing positions. Callahan says to hold your arms and your thumbs OUT while tapping. Since the back of the hand is a negative and the thumb and elbow are positive, the treatment is not effective if the thumb or elbow touches the body. Part one uses either the right or left hand and part two uses the other hand for each step.

### PART ONE

**FINGERTIPS:** Take two fingertips (e.g., right hand) and touch one of the collarbone points.  
Tap the gamut spot on the back of that hand.

1. Take a deep breath **in** fully and hold it.
2. Let half of that breath **out** and hold it.
3. Let it all **out** and hold it.
4. Take a half breath **in** and hold it.

## 5. Breathe normally.

Move the same two fingertips to the other collarbone point and repeat the five breathing steps.

**KNUCKLES:** Use the knuckles of the same two fingers on the same collarbone point (only knuckles should touch the body).

Tap the gamut spot on the back of that hand.

1. Take a deep breath **in** fully and hold it.
2. Let half of that breath **out** and hold it.
3. Let it all **out** and hold it.
4. Take a half breath **in** and hold it.
5. Breathe normally.

Move the same two knuckles to the other collarbone point and repeat the five breathing steps.

## PART TWO

**FINGERTIPS:** Take two fingertips (e.g., left hand) and touch one of the collarbone points.

Tap the gamut spot on the back of that hand.

1. Take a deep breath **in** fully and hold it.
2. Let half of that breath **out** and hold it.
3. Let it all **out** and hold it.
4. Take a half breath **in** and hold it.
5. Breathe normally.

Move the same two fingertips to the other collarbone point and repeat the five breathing steps.

**KNUCKLES:** Use the knuckles of the same two fingers of THE OTHER HAND on the same collarbone point (only knuckles should touch the body).

Tap the gamut spot on the back of that hand.

1. Take a deep breath **in** fully and hold it.
2. Let half of that breath **out** and hold it.
3. Let it all **out** and hold it.
4. Take a half breath **in** and hold it.
5. Breathe normally.

Move the same two knuckles to the other collarbone point and repeat the five breathing steps.

There are forty breathing and tapping exercises – twenty with the fingertips, and twenty with the knuckles. There are five breathing positions on eight touching positions. You can do this!

☺ It is a powerful exercise useful in very difficult cases.

## Thymus Thump

The thymus is a little gland that lies behind the sternum just above the heart. Tapping this gland, sort of like Tarzan in the old movies, can give the meridian system a boost, sometimes enough to release a block.

Donna Eden (2008) recommends a one-minute Three Thump energizer every day to simulate your energy system. With clustered fingers of one or both hands, thump firmly, 15 - 20 seconds each, in these three areas:

Collarbone Points - Thump on kidney meridian (K27)  
Thymus Thump

Spleen Lymphatic Area - Thump below and one inch to side of the breast



### Cook's Hook-up

Simple version:

- 1) Cross left ankle over the right one.
- 2) Place hands out in front, arms extended, with backs of hands touching, thumbs up.
- 3) Roll right hand (turning thumbs down and keeping little fingers touching) over left hand, palms together.
- 4) Clasp fingers.
- 5) Fold hands and arms inward and rest on chest, under chin, so that your little fingers are resting on your chest, thumbs out.
- 6) Breathe deeply while resting tongue against upper palate behind teeth.
- 7) Relax the tongue on the exhale.
- 8) Hold position for a minute or two and notice how you feel inside.
- 9) Uncross legs and hands and place finger tips together for thirty seconds to a minute.
- 10) Notice how the energy feels between your fingertips.

### Cross Crawl

You are doing an exaggerated march step for a minimum of thirty seconds. Use opposite arm and leg, raise legs high, and be sure to swing arms up and over the midline of the body. You can touch the opposite knee with your hand to help focus on the cross over the body concept.

## OTHER HELPFUL ORGANIZATIONS

AMTT – <http://www.AdvancedMTT.com>

AMT - <http://theamt.com/>

AAMET - <http://www.aamet.org/main.php>

ACEP - <http://www.energypsych.org/>

**See MeridianTappingTechniques.com for many more resources**

## MTT REVIEW

1. IDENTIFY - Identify an event, emotion, or physical feeling.
2. CLARIFY - ONE SCENARIO – One issue. Make sure your event is a specific scenario – sort of like a very short movie. You cannot tap on lots of general issues at the same time. Or if you are choosing a physical issue, identify only one pain or discomfort at a time.
3. ASSESS – on a scale of 0 to 10, how much does it bother you now?
4. GENERAL or SPECIFIC? If you believe that going back over the event in detail would upset you, tap in a general way for your fear about looking at it or even thinking about it before you go further. You want to feel calm about talking or thinking about it.



5. CREATE DETAIL – When your intensity is reduced, go into the detail of the event. Practitioners can ask: “Are you ready to talk about it now?” and if so, ask them to narrate their issue like a movie, starting at an ordinary moment before the intensity. Say “If anything moves you up the intensity scale at all, then stop, let me know.” (You watch and ask as well.) Keep in mind they do not actually have to tell you about the issue. The important thing is they are focused.
6. TAP – Tap down each intense feeling/part. When you believe you’ve covered all the aspects go back and review your “movie” to tap at any emotion.
7. CHECK – Assess intensity again.
8. Continue tapping until you can go over the entire scenario without intensity. Watch for cognitive shifts (new perspectives on what happened) and changes in how they see the images and sounds now - colors fading, blurry, losing interest. Look for physical evidence of changes – body relaxes, color comes back to face, involuntary physical movements, etc. Point out these changes at appropriate moments. Watch, too, for changing aspects, feelings, pictures, physiological responses.
9. TEST it out – When the issue is down to a zero, go back and attempt to bring up any emotional or physical response to any and all aspects. Tap on any new pieces that arise. Imagine the issue with any future challenge it may bring. Test again. Test in the real world if possible.

We hope you have found this manual helpful. You are invited to post comments on our blog.

Best Wishes and Keep Tapping!!

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## MUSCLE TESTING REFERENCES

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- Gallo, F. (1998). *Energy Psychology: Explorations at the Interface of Energy, Cognition, Behavior, and Health*. Boca Raton: CRC.

Originators – more complex muscle testing system:

Kendall, H. O., & Kendall, F.M.P. (1949). *Muscles: Testing and Function*. Baltimore: Williams & Wilkins.

Kendall, F.M.P., & McCreary, E. K. (1993). *Muscles: Testing and Function*. Baltimore: Williams & Wilkins. Note: There are several newer editions of this book.

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**Basic MTT (Please see “BASICS” at [www.MeridianTappingTechniques.com](http://www.MeridianTappingTechniques.com) for photos, video and more)**

1. Focus on your issue.
2. Create the affirmation statement if you want to use one.
3. Write down your intensity about the issue (0 to 10).
4. Tap three rounds of your chosen algorithm.
5. Check your intensity again.
6. If it has gone down, keep tapping to 0.
7. When it is a 0, test it. (See section on TESTING)
8. If it stops going down or does not move at all, see the appropriate sections.

### **ALGORITHMS – TAPPING POINTS from Various Innovators**

TFT for Stress/ Anxiety Simple Phobia/Fear	TFT – Thought Field Therapy Complex Trauma with Anger and Guilt	NAEM – Negative Affect Erasing Method	ACCUTAP	EFT – Emotional Freedom Techniques “Shortcut”	TAT Tapas Acupressure Technique	ONE Point
Roger Callahan	Roger Callahan	Fred Gallo	Patricia Carrington	Gary Craig	Tapas Fleming	(You)
Under Eye	Eyebrow	Third Eye	Side of Hand	Side of hand with affirmation	Fingers hold points while:	Use the point
Under Arm	Eye	Under Nose	Side of Eye	Eyebrow	Touching the middle of the forehead with index and middle fingers.	you note as most effective for you.
				Side of Eye		
Collarbone	Arm	Under Lip	Under Eye	Under Eye	Both eyebrow points with thumb and ring finger.	
9 Gamut*	Collarbone	Mid Chest	Under Nose	Under Nose		

		(Thymus)				
Under Eye	Index Finger		Under Mouth	Under Lip (Chin)		
Under Arm	Little Finger		Collarbone	Collarbone		
Collarbone	9 Gamut Repeat points		Under Arm	Under Arm (Often added: the top of the head point)		
Eye Roll*	Eye roll					

\*\*The 9 Gamut and Eye Roll are explained in the body of the text.

IN GRATITUDE: We are deeply grateful to Roger Callahan for his groundbreaking discoveries and to Gary Craig who has worked diligently to simplify and bring these techniques to the general public.

Additional thanks for their input into this manual:

[www.EFT4PowerPoint.com](http://www.EFT4PowerPoint.com)  
[www.HowToTap.com](http://www.HowToTap.com)  
[www.energypsychology.com](http://www.energypsychology.com)  
[www.PatClass.com](http://www.PatClass.com)